

Treasure Coast December 2022	MEAL (Menu Week)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Breakfast (Menu Week 1)				1 8 oz. Milk ½ cup Pineapples 2 cup Multi Grain Cheerios	2 8 oz. Milk ½ cup Apple Sauce 1 (2 serving) Blueberry Muffin w/Butter
	Lunch (Menu Week 4)				2 oz. BBQ Chicken ½ cup Baked Beans ½ cup Steamed Carrots 2 serving Whole Grain Corn Bread 8 oz. 1% Milk	2 oz. Pasta, Meatballs and Sauce ½ cup Mixed Vegetables ½ cup Pineapple 1 cup Whole Grain Pasta 8 oz. 1% Milk
	Snack (Menu Week 1)				½ cup 100% Berry Juice ½ cup Whole Grain Chocolate Chip Muffin	½ cup Peaches ½ cup Whole Grain Cheese Crackers
	Breakfast (Menu Week 2)	5 8 oz. Milk ½ cup Orange Juice 2 cup Cinnamon Apple Jacks	6 8 oz. Milk 1/2 cup 100% Berry Juice 2 cup Oatmeal	7 8 oz. Milk ½ cup Peaches 1 (2 serving) Croissant w/Cream Cheese	8 8 oz. Milk ½ cup Pineapples 2 cup Multi Grain Cheerios	9 8 oz. Milk ½ cup Mandarin Oranges 1 (2 serving) English Muffin w/Butter
	Lunch (Menu Week 1)	2 oz. Chicken Alfredo Casserole ½ cup Peas in Entrée ½ cup Apple Sauce 1 cup Whole Grain Pasta 8 oz. 1% Milk	2 oz. Roast Turkey ½ cup Mixed Vegetables ½ cup Pears 1 cup Whole Grain Mac & Cheese 8 oz. 1% Milk	2 oz. Chicken & Rice Casserole ½ cup Green Beans ½ cup Seasonal Fruit 1 cup Whole Grain Rice 8 oz. 1% Milk	1 cup Cheese Ravioli w/ Tomato Sauce ½ cup Steamed Broccoli ½ cup Pineapple 2 serving Whole Grain Roll 8 oz. 1% Milk	2 oz. Cheeseburger ½ cup Sweet Potato Fries ½ cup Mandarin Oranges 2 serving Whole Grain Bun 8 oz. 1% Milk
	Snack (Menu Week 2)	½ cup Vanilla/Chocolate Pudding ½ cup 100% Juice	½ cup Peaches ½ cup Whole Grain Cheese Crackers	½ cup Pears ½ cup Fig Newton Cookies	½ cup 100% Berry Juice ½ cup Graham Crackers	½ cup Yogurt ½ cup Granola
	Breakfast (Menu Week 3)	12 8 oz. Milk ½ cup Orange Juice 2 cup Chex's Cereal	13 8 oz. Milk ½ cup 100% Berry Juice 2 cup Oatmeal	14 8 oz. Milk ½ cup Peaches 1 (2 serving) Croissant w/Cream Cheese	15 8 oz. Milk ½ cup of Pineapples 2 cup Multi Grain Cheerios	16 8 oz. Milk ½ cup of Apple Sauce 1 (2 serving) English Muffin w/Butter
	Lunch (Menu Week 2)	2 oz. Oven Fried Chicken ½ cup Green Beans ½ cup Seasonal Fruit 2 serving Whole Grain Soft Roll 8 oz. 1% Milk	2 oz. Chicken Patty ½ cup Mixed Vegetables ½ cup Peaches 2 serving Whole Grain Bun 8 oz. 1% Milk	2 oz. Stir-Fry Chicken ½ cup Stir-Fry Vegetables ½ cup Mandarin Oranges ½ cup Whole Grain Rice 8 oz. 1% Milk	2 oz. Shepherd's Pie ½ cup Mashed Potatoes ½ cup Apple Sauce 2 serving Whole Grain Soft Roll 8 oz. 1% Milk	2 oz. Roast Pork ½ cup Collard Greens ½ cup Fruit Cocktail 1 serving Whole Grain Corn Bread 8 oz. 1% Milk
	Snack (Menu Week 3)	½ cup 100% Apple Juice ½ cup Whole Grain Animal Crackers	½ cup 100% Apple Juice ½ cup Lorna Doones Cookies	8 oz Chocolate Milk ½ cup Trail Mix	½ cup 100% Berry Juice ½ cup Whole Grain Cereal Bar	½ cup Peaches ½ cup Whole Grain Cheese Crackers
	Breakfast (Menu Week 4)	19 8 oz. Milk ½ cup Seasonal Fruit 2 cup Frosted Mini Wheats (Original)	20 8 oz. Milk ½ cup 100% Berry Juice 2 cup Oatmeal	21 8 oz. Milk ½ cup Mandarin Oranges 1 (2 serving) Croissant w/Cream Cheese	22 8 oz. Milk ½ cup Pineapples 2 cups Multi Grain Cheerios	23 8 oz. Milk ½ cup Apple Sauce 2 cups Cinnamon Apple Jacka
	Lunch (Menu Week 3)	2 oz. Turkey and Swiss ½ cup Cucumber Salad ½ cup Fruit Cocktail 2 serving Whole Grain Bread 8 oz. 1% Milk	2 oz. Chicken Nuggets ½ cup Steamed Broccoli 1 serving Seasonal Fruit 2 serving Whole Grain Roll 8 oz. 1% Milk	2 oz. Ground Beef Stroganoff ½ cup Carrots ½ cup Apple Sauce 1 cup Egg Noodles 8 oz. 1% Milk	2 oz. BBQ Chicken ½ cup Baked Beans ½ cup Steamed Carrots 2 servings WG Corn Bread 8 oz. 1% Milk	2 oz. Pasta, Meatballs and Sauce ½ cup Mixed Vegetables ½ cup Pineapple 1 cup WG Pasta 8 oz. 1% Milk
	Snack (Menu Week 4)	1 oz. Cheese Stick ½ cup Fig Newton Cookies	½ cup Yogurt ½ cup Granola	8 oz Chocolate Milk ½ cup Cereal Bar	½ cup 100% Berry Juice ½ cup Trail Mix	½ cup Peaches ½ cup WG Cheese Crackers
	Breakfast (Menu Week 1)	26	27 8 oz. Milk ½ cup Pears 2 cup Oatmeal	28 8 oz. Milk ½ cup Peaches 2 cup Raisin Bran Cereal	29 8 oz. Milk ½ cup Pineapples 2 cup Multi Grain Cheerios	30 8 oz. Milk ½ cup Apple Sauce 1 (2 serving) Blueberry Muffin w/Butter
	Lunch (Menu Week 4)	CLOSED	2 oz. Chicken & Noodles ½ cup Green Beans ½ cup Apple Sauce 1 cup Whole Grain Pasta 8 oz. 1% Milk	2 oz. Meatloaf w/Gravy ½ cup Mashed Sweet Potatoes ½ cup Fruit Cocktail 2 serving Whole Grain Roll 8 oz. 1% Milk	2 oz. BBQ Chicken ½ cup Baked Beans ½ cup Steamed Carrots 2 serving Whole Grain Corn Bread 8 oz. 1% Milk	2 oz. Pasta, Meatballs and Sauce ½ cup Mixed Vegetables ½ cup Pineapple 1 cup Whole Grain Pasta 8 oz. 1% Milk
	Snack (Menu Week 1)		½ cup Yogurt ½ cup Granola	½ cup Pears ½ cup Whole Grain Animal Crackers	½ cup 100% Berry Juice ½ cup Whole Grain Chocolate Chip Muffin	½ cup Peaches ½ cup Whole Grain Cheese Crackers

